TRADING TRASH TALK FOR CASH TALK {page 21}

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PHILADELPHIA
Monday, February 25, 2013

style

Ciao from Milan Fashion Week, bellos

We spy plummeting hemlines, Prince of Wales check and plaid {pages 14-15}

oscars

Who took home the gold last night

Plus: Anne Hathaway's nipples make their red carpet debut {pages 10-11}

Eagles' Ronnie Cameron starts website dedicated to good deeds, calling it a 'breath of fresh air' Team is behind their defensive lineman {page 02}

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BIG CATS BANNED FROM UK CIRCUSES
By Petra Halbur
02/18/2013
While circuses are a time-honored tradition in the UK, this season British circus goers will notice a significant change; there are no more big cats. This upcoming circus season, UK circuses will be performing with
or any other big cats due to new anim
The last circus in Britain ...

Only positive news for this Eagles tackle

PLUS JOHN BOLARIS' DATING ADVICE {page 04}

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In the news

13

Camden ranked 13th on Forbes list of America's 20 Most Miserable Cities, announced this weekend. The city's high crime and poverty rates were major factors in its rating.

"New statistics from the U.S. Census Bureau labeled Camden the most impoverished city in the U.S. with 42.5% of residents living below the poverty line," according to the website.

The good news? Philly wasn't on the list.

Atlantic City made the list at No.15. The magazine said more than 14 percent of the city remains unemployed.

Detroit took first place this year. In last year's rankings, it came in second. METRO/TR

Local tweet

"Silver Linings Playbook was really good...at showing me that I should never go to Philadelphia"

@ITSMRNICHOLAS, ON THE OSCAR-WINNING MOVIE

In the news

Weekend shootings keep police busy

PHILADELPHIA. At least three people were injured this weekend in three separate shootings.

A 21-year-old man was shot in the leg around 12:30 a.m. Saturday morning on the 3900 block of the Roosevelt Boulevard in Bustleton.

In an unrelated incident, a 34-year-old woman was shot in the shoulder around 2:30 a.m. yesterday morning at Stillman and Somerset streets in North Philadelphia.

Both of victims are hospitalized in stable condition, officials said.

A 33-year-old man is in critical condition after he was shot in the face and back shortly after 2:30 p.m. yesterday near Kensington Avenue and Cambria Street.

Investigators did not disclose motives for any of this weekend's violent crimes, and no arrests have yet been made. METRO/ALEXANDRA WIGGLESWORTH

3

Number of people injured in shootings over the weekend

Pedestrian killed by suspected drunken driver

WISSINOMING. A woman was killed yesterday morning after an allegedly drunken driver hit her while she was on the sidewalk, officials said.

Police yesterday identified the victim as 58-year-old Teresa Marquard of Wissinoming.

Investigators said Marquard was walking on the 5700 block of Frankford Avenue shortly after 9:30 a.m. when a 33-year-old man driving a green Pontiac minivan jumped the curb. METRO/AW

Eagles' Cameron: A 'good person doing good deeds'

The defensive tackle works toward promoting positive news He wants to 'empower' others

COURTESY/RONNIE CAMERON

Ronnie Cameron plans out stories for Bonfire Impact.

When Ronnie Cameron is talking about hits, it's not the kind of hits you might expect to hear from a 300-pound defensive tackle.

You see, when Cameron says he wants to rack up 1,000 hits, he's talking about 1,000 unique visitors to Bonfire Impact, a website he created to focus on good works. Cameron, who signed with the Eagles as an undrafted free agent in December, said he attracts 200-400 visitors a day. He wants more.

"I'm a person that likes to seize opportunity and I see this as a great opportunity," Cameron told Metro.

The hulking football player got the website idea while serving as a blogger for The Huffington Post. Inspiration struck and Bonfire Impact launched in the fall.

"I think we're programmed to be attracted to the negative," Cameron said. "I think the way the media has gone in this nation is that we've been programmed to watch certain things. We need to reprogram them to watch more positive things, to redefine what we see as normal."

That normal is an internet utopia filled with good people doing good deeds. Cameron has partnered with nonprofit organizations like the American Cancer Society and the National Football League Players Association in an effort to promote positive news about athletes.

Cameron's passion for helping others comes from his upbringing. His parents immigrated to New York with nothing, but worked hard and saved.

"I was fortunate to live a middle-class life, but I do have family that is the lowest of the lowest classes," Cameron said. "But I also have family that is the highest of the highest classes."

Cameron's goal is to open people's eyes. Cameron is constantly using the word "empower" when he describes his vision.

"My biggest philosophy on life is seeing everyone reach their full potential," he said. "And if I can help anyone do that in any way, then I feel like I've reached my full potential."

Mike Greger
mgreger@metro.us

What's next?

- Cameron, along with site Editor-in-Chief Ashley Dale, have big plans for Bonfire Impact. They just relaunched the website. They have a staff of 24 volunteer writers and interns, and they plan to add a video app soon.
- Cameron is very active on Twitter, frequently offering his political views while promoting his company. He majored in information technology and almost accepted a job offer as an IT consultant before getting signed to an NFL contract.
- "Honestly, this is something that is really different, eye-opening [and] empowering," Cameron said. "I'm taking it one day at a time. Six months, a year ago ... I never thought I'd be doing this. I've had a lot of ambitions."

"We've been programmed to watch certain things. We need to reprogram them to watch more positive things, to redefine what we see as normal."
CAMERON

Eagles on board

Once football season begins, Cameron has the site covered. He's enlisted a small staff of volunteers and insists he has a structure in place to keep the website running without his supervision. He's even talked to the Eagles about it and they are "100 percent supportive." "We [football players] have a lot more free time than people think," Cameron said. "A lot of people have hobbies, like playing video games. ... Well, this is my hobby."

Philly Orchestra's Sawallisch dies

ERICH AUERBACH/GETTY IMAGES

Sawallisch

Wolfgang Sawallisch, who served as the musical director of the Philadelphia Orchestra for 10 years died at his home in Grassau, Germany, on Friday. He was 89.

Sawallisch, a talented German conductor and pianist, took control of the Orchestra in 1993 at the age of 70.

He led the celebrated symphony through a decade-long overhaul that reestablished the ensemble as one of the country's finest. METRO/TOMMY ROWAN

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In the news

Bethlehem mayor ejected from son's wrestling match

BETHLEHEM, PA. The city's mayor was ejected from his son's Liberty High School wrestling tournament Saturday night after disputing a referee's call, according to The Express-Times of Easton, Pa.

▶ Callahan

The referee asked the mayor, John Callahan, to leave the District 11 Class AAA wrestling tournament after Callahan became irate with what he said was a bad "stalling call" against another Freedom wrestler during the 220-pound championship bout. His son was not involved in the match. As he exited the school, officials said Callahan called out "rabbit ears" and wiggled his fingers on the side of his head. The expression implies an official is influenced or distracted by coaches or fans instead of focusing on the match, according to the newspaper.

Callahan's son, also named John, finished fourth in the 195-pound bracket.

METRO/TOMMY ROWAN

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Opinion

JOHN BOLARIS

BOLARIS VISION

WORKING WOMAN WANTS MAN

Hi John. Do men find women who are really into their careers attractive? I'm asking because I am 35 and still single. I like to think I am attractive and I get plenty of attention when I go out, but nothing ever gets serious. I am very busy with my work. Do you think that is why I haven't had more luck in love? Or are men intimidated by women who are focused on their careers? As I get older, how do I know what about me it is that is turning men off? Also, where is the best place to go to meet a 35-year-old guy who's serious about settling down? Thanks, love the column! — Jennifer R.

It's no longer the '50s and '60s — the days of Ozzie and Harriet and June and Ward Cleaver when the women sit home, cook, clean and wait for their men to come home. Women's careers have been soaring since the '80s to the present day explosion.

Professional women are career-driven and strive for the top. And deservingly so. I'm sure it's just a matter of time before a woman becomes the president of the United States. (Hmm, would that make her husband the "first man"?)

Quoted

You should be dating men who are just as driven as you are and those who give you inspiration. For the most part, this should not be a turn-off — but rather, a turn-on.

Anyway, women now are getting married and having children later in life than perhaps their moms and dads did.

To answer your question, "Are men intimidated by career women?" That is really going to depend on the self-confidence of the man. If he is lacking self-confidence and is turned off by an independent women (professionally), this isn't the kind of man you want.

You should be dating men who are just as driven as you are and those who give you inspiration. For the most part, this should not be a turn-off — but rather, a turn-on. Two driven people that become one in a relationship and have a thirst to please one another could conquer almost anything as long as you have the L-word between you both.

And finally, you ask where to go to meet such a man. That, Jennifer, I believe has something to do with destiny.

— E-mail your relationship questions for John Bolaris to letters@metro.us.

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In the news

GETTY IMAGES

▶ The crash

Daytona 500 races on despite 28 injuries

DAYTONA BEACH. The Daytona 500 NASCAR race went ahead yesterday despite a crash on Saturday that injured more than 20 fans, as well as questions regarding the safety of the famous speedway and the possibility of lawsuits.

Officials said they had repaired the fencing that was damaged after the pile-up, which sent debris flying into the crowd and injuring fans on the final lap of Saturday's second-tier Nationwide race.

Halifax Health spokesman Byron Cogdell said seven people were treated for injuries at their facility but that two who were initially listed as critical are now in a stable condition. **REUTERS**

McCain: Hagel not qualified for defense position

WASHINGTON. Republican Sen. John McCain yesterday said his former colleague Chuck Hagel is not qualified to be U.S. defense secretary but that the Senate would likely vote on his nomination rather than hold it up with procedural hurdles.

Hagel is expected to win confirmation if a vote is held because Democrats control 55 votes in the 100-seat Senate.

"I do not believe that Chuck Hagel, who is a friend of mine, is qualified to be secretary of defense," McCain of Arizona said on CNN's "State of the Union" show. **REUTERS**

Governors say spending cuts will push US back to recession

Federal budget cuts will probably push the U.S. back into recession by damaging state economies recovering from the worst fiscal crisis since the Great Depression, governors said.

President Barack Obama and Congress need to find a way to prevent $85 billion in across-the-board spending cuts from taking effect beginning March 1, said Republican and Democratic governors who are in Washington this weekend for a meeting of the National Governors Association.

The cuts will lead to the dismissal of teachers and firefighters, and reduce projected spending by $1.2 trillion over the next nine years, with half in defense spending and half from domestic spending. Governors said the threat of cuts has already damaged their economies, which they said will worsen if the president and lawmakers can't agree.

GETTY IMAGES

▶ The Pentagon would furlough as many as 800,000 civilian employees, requiring them to take unpaid time off.

750K

Spending reductions could cost 750,000 jobs by the end of 2013.

"I don't think there is any doubt" that the required reductions "could put us right back where we were," Jack Markell, the Democratic governor of Delaware and the chairman of the National Governors Association, said on "Fox News Sunday." The cuts would have "a real big impact on the economy and jobs," he said.

The cuts would be especially visible in states where federal spending is higher, including Maryland, Virginia and Hawaii. In a Feb. 18 letter to Obama, Virginia Gov. Robert McDonnell, a Republican, said the reductions could force his state into a recession. **REUTERS**

The GDP and job loss

Federal spending reductions could lower the gross domestic product by 0.6 percent and cost 750,000 jobs by the end of 2013, according to the Congressional Budget Office. The U.S. economy unexpectedly shrank in the fourth quarter, logging the worst performance since the second quarter of 2009.

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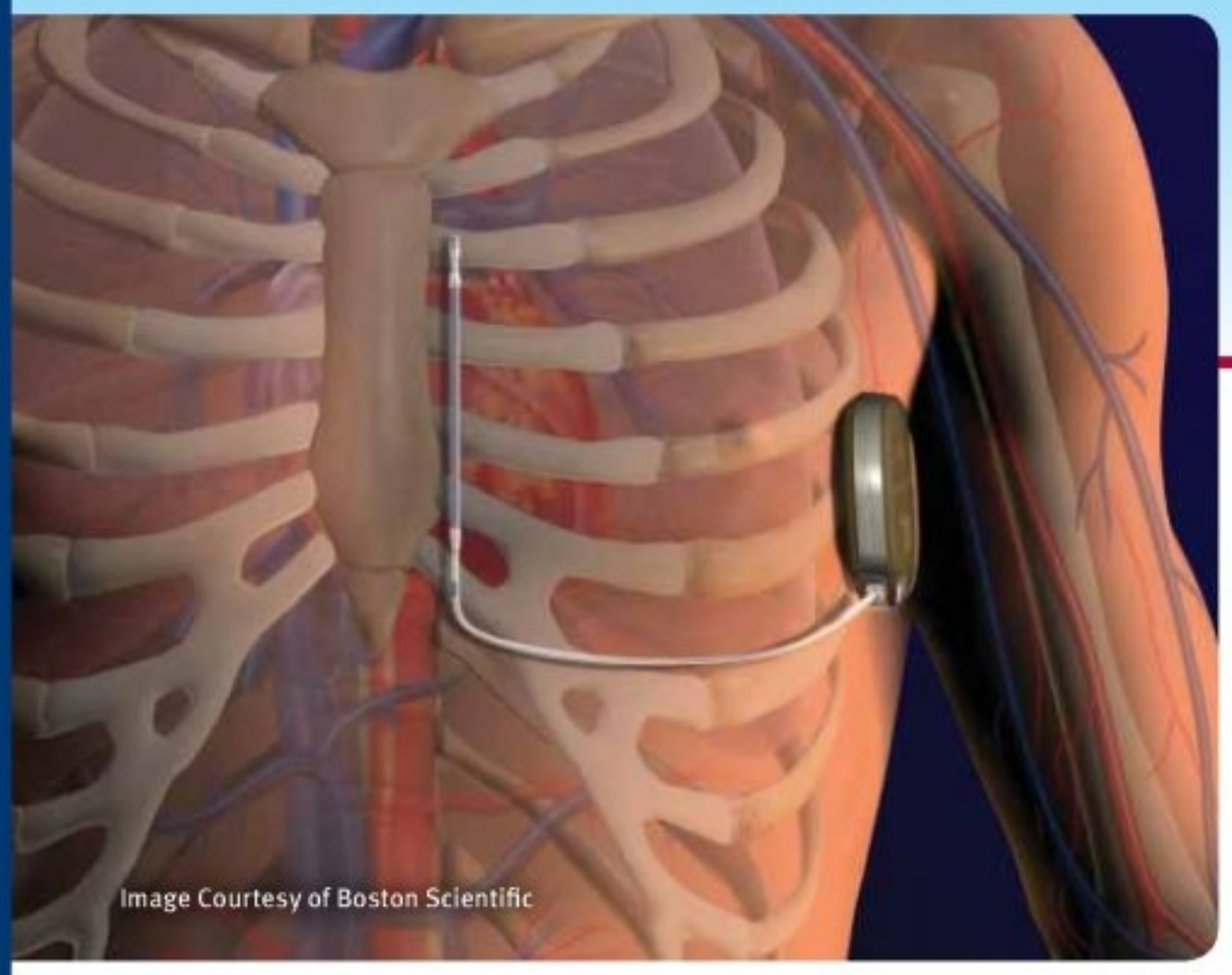

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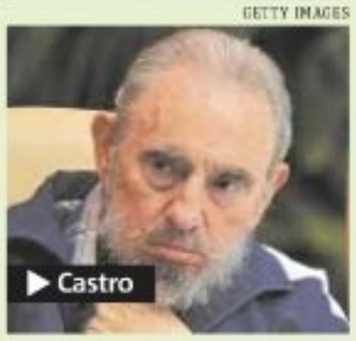

▶ Castro

Fidel Castro makes surprise appearance

HAVANA. Retired Cuban leader Fidel Castro made a rare public appearance yesterday by joining the opening session of the National Assembly, state media reported amid speculation that the gathering could give clues on planning for a future leadership succession.

Since falling ill in 2006 and ceding the presidency to his brother, Fidel Castro has given up all official positions except as a deputy in the National Assembly. At yesterday's session, he took his seat beside brother President Raul Castro, only the second time he has graced the assembly chambers since his illness and the first since 2010. **REUTERS**

Afghan president expels US forces from key province

KABUL. Afghan President Hamid Karzai, pictured, has given U.S. special forces two weeks to leave a key battleground province after some U.S. soldiers there were found to have tortured or even killed innocent people, the president's spokesman said yesterday.

The decision by Karzai could further complicate negotiations between the United States and Afghanistan over the presence of American troops in the country once most NATO forces leave by the end of 2014. **REUTERS**

On final Sunday, pope says he's following God's wishes

▶ Pope Benedict XVI delivered his last Angelus Blessing from the window of his private apartment to thousands of pilgrims gathered in Saint Peter's Square yesterday.

GETTY IMAGES

Pope Benedict spoke from his window for the last time yesterday, telling the faithful packed into St. Peter's Square that the first papal abdication in centuries was God's will and insisting he was not "abandoning" the church.

Four days before the 85-year-old's often troubled eight-year rule ends, new talk of scandal hit the cardinals who will choose his successor; one of them, a Scottish archbishop, had to deny a media allegation of misconduct with young priests in the 1980s.

With an American cardinal urged not to go to the electoral conclave due to his role in handling sexual abuse cases in the United States and the Vatican accusing media of running smears to influence the vote, the Catholic Church faces a stormy succession.

Pope Benedict, however, defended his shocking decision to resign as dictated by his failing health; his address yesterday to tens of thousands of well-wishers was met with calls of "Viva il Papa!" **REUTERS**

Activists petition LA cardinal

Roman Catholic activists on Saturday petitioned a U.S. cardinal to recuse himself from taking part in selecting a new pope so as not to insult survivors of sexual abuse by priests committed while he was archbishop of Los Angeles.

The activists delivered a petition with nearly 10,000 signatures to the north Hollywood church where Cardinal Roger Mahony resides.

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THE WORD

Ned Ehrbar's take on the world of gossip @nedrick ned.ehrbar@metro.us

– Dorothy Robinson will return on Feb. 26

Oscars Sunday finally arrives

Hollywood's year came to a close last night with the 85th annual Academy Awards. The Academy kicked off the night with one of the more difficult Oscar categories to predict, Best Supporting Actor, with **Christoph Waltz** taking the prize for his work in "Django Unchained." This marks the second time Waltz has won this award, having previously scored a trophy for "Inglorious Basterds." "You scaled the mountain because you're not afraid of it," Waltz said, thanking director **Quentin Tarantino** as he accepted his award.

Of course, the biggest question going into Sunday's Academy Awards ceremony revolved around the race for Best Picture. Could **Ben Affleck**'s "Argo" go all the way after using its underdog status early in awards season to rack up a slew of accolades elsewhere? With nine nominees, no Best Director nomination for Affleck and a more complicated voting system than in other categories — Academy members are asked to rank the Best Picture nominees instead of just picking a favorite, with averages determining the winner — it wasn't clear that general good will would be enough.

▶ Joseph Gordon-Levitt, Oscar host Seth MacFarlane and Daniel Radcliffe provided some onstage entertainment.

Quoted

"Why can't they just get Tina [Fey] and Amy [Poehler] to host the show? Why can't Tina and Amy host everything?"

WILLIAM SHATNER

Other races were easier to predict, though. A win for **Anne Hathaway** for Best Supporting Actress for "Les Miserables" was just one of many awards considered a foregone conclusion, along with **Daniel Day-Lewis** for Best Actor — making him the first actor to win in that category three times.

Awards aside, there was plenty of entertainment on hand led by "Family Guy" creator and Best Song nominee **Seth MacFarlane**, known for both his love of old-school crooning and envelope-pushing humor. MacFarlane opened the show by doing the seemingly impossible: making usually dour **Tommy Lee Jones** smile and laugh. He also poked fun at other nominees — "If you bumped into **Don Cheadle** on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your Method go?" — and himself. His monologue was interrupted by **William Shatner** chastising him onscreen for doing a poor job, including singing a song about Oscar-nominate actresses going topless called "We Saw Your Boobs."

The ceremony also included a 50th anniversary tribute to James Bond, with performances by **Adele** and **Shirley Bassey**, plus all six actors to play the iconic spy onstage at the same time, as well as tributes to movie musicals from the last 10 years. The tribute featured performances by **Catherine Zeta-Jones** as well as nominees **Hugh Jackman** and **Anne Hathaway**.

And even before the Oscars had been handed out, some were already looking toward next year's contenders, with deals reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire "Grace of Monaco," starring **Nicole Kidman** as **Grace Kelly**, and "Mandela: Long Walk to Freedom," starring **Idris Elba** as **Nelson Mandela**, according to Deadline.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@Joan_Rivers
When I attend the Oscars I'm on the edge of my seat. Not because I'm nominated-I just don't want to catch anything from some starlet.

@JohnStamos
rule for actors in hollywood. only reason to go to oscars is: a. nominated b.presenting (or c. your bud is producing) thnx @neilmeron

@matthewperry
I want to wish Daniel Day Lewis luck today. I think he did an okay job as Lincoln, but I would have brought more layers to it.

@Oprah
My Hollywood day will be in pj's . Having a pj Oscar party with my girls and Stedman.

The weekend's other awards

▶ **CESARS:** Friday night brought with it the Cesars, France's answer to the Academy Awards. Michael Haneke's "Amour" won Best Film, while Ben Affleck's "Argo" earned Best Foreign Film. "Amour" earned four other trophies as well, including Best Director and Original Screenplay for Haneke, Best Actor for Jean-Louis Trintignant and Best Actress for Emmanuelle Riva, who was also nominated for an Oscar for her performance. "Rust and Bone," a surprise shut-out at the Oscars, picked up two Cesars — Best Adapted Screenplay for Jacques Audiard and Best Male Newcomer for Matthias Schoenaerts.

▶ **SPIRIT AWARDS:** Oscar hopeful "Silver Linings Playbook" dominated the Film Independent Spirit Awards, held Saturday afternoon in a tent on the beach in Santa Monica. "Silver Linings" nabbed the top prize, while David O. Russell won statues for best director and best screenplay, and Jennifer Lawrence won best actress. The film's stiffest competition, fellow Oscar-nominee "Beasts of the Southern Wild," earned one award, going to Ben Richardson for best cinematography. John Hawkes and Oscar nominee Helen Hunt picked up best actor and best supporting actress statues for "The Sessions," while Matthew McConaughey won best supporting actor for "Magic Mike."

▶ **RAZZIES:** Members of the Hollywood community with more of a sense of humor spent Oscars Eve announcing the winners of the Golden Raspberries — or Razzie — dubious awards marking the worst in cinema for the year. "The Twilight Saga: Breaking Dawn - Part 2" dominated Saturday night, earning seven awards including worst film, worst ensemble cast, worst actress for Kristen Stewart, worst supporting actor for Taylor Lautner and worst director for Bill Condon.

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Oscars red carpet

1 **Jessica Chastain** glimmered in gold Armani Prive.

2 **Amy Adams** revisited her "Enchanted" days in this ethereal Oscar de la Renta frock.

3 "I didn't know what I was wearing until about three hours ago," **Anne Hathaway** said of her Prada gown. Her nipples could have used a little more foresight. Just minutes after she arrived, the @annesheadlights Twitter account had been created.

4 A sign of affection or a hint at a baby bump? Whatever **Jen Aniston** (in Valentino) and **Justin Theroux** were doing, they looked good doing it.

5 **Jennifer Garner** wore Gucci to support hubby **Ben Affleck**.

6 2010's Best Actress, **Sandra Bullock**, dazzled in in Elie Saab.

1: LESTER COHEN/WIREIMAGE
2: GEORGE PIMENTEL/GETTY
3. FREDERIC J. BROWN/AFP
5,6 : JASON MERRITT/GETTY
4: MICHAEL BUCKNER/GETTY

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Top 5 earners

The weekend's top grossing movies:

1. **"Identity Thief,"** $14 million
2. **"Snitch,"** $13 million
3. **"Escape From Planet Earth,"** $11 million
4. **"Safe Haven,"** $10.6 million
5. **"A Good Day to Die Hard,"** $10 million

'Identity Thief' steals top spot

Melissa McCarthy vehicle returns to top of the box office ◗ 'Snitch' finishes close behind ◗ Fifth 'Die Hard' film tumbles to fifth place

Box office

UNIVERSAL PICTURES

▶ Melissa McCarthy, in "Identity Thief," stole more Americans' money this weekend.

Comedy "Identity Thief" snatched the weekend box office title in the United States and Canada during its third weekend in theaters, narrowly beating new action movie "Snitch" as Hollywood focused on Sunday evening's Academy Awards ceremony.

"Identity Thief," starring Melissa McCarthy, grabbed $14 million in ticket sales from Friday through Sunday, according to studio estimates compiled by Reuters.

"Snitch," featuring Dwayne Johnson, finished close behind with $13 million. The animated offering "Escape From Planet Earth" took in $11 million to finish third in its second week in theaters.

The win was the second for "Identity Thief," which led the charts when it debuted Feb. 8 and finished in second place a week ago. The adult comedy has collected $93.7 million at North American (U.S. and Canadian) theaters to date.

Moviegoing was typically slow for an Oscars weekend. Total sales for all films ran slightly more than $1.4 billion, a 6.6 percent drop from the same weekend last year, according to box office tracker Hollywood.com.

The weekend's other new movie, low-budget horror flick "Dark Skies," collected $8.9 million to debut in sixth place. The movie stars Keri Russell as a mother trying to protect her children from alien invaders.

Last weekend's leader, "A Good Day to Die Hard," dropped to fifth place. The fifth movie in the Bruce Willis action franchise took in $10 million this weekend. **REUTERS**

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TV watch list

MTV

▶ Max Joseph and Yaniv "Nev" Schulman of "Catfish: The TV Show," airing Mondays.

'How I Met Your Mother'

COMEDY. Ted, fresh from yet another breakup, gets pick-up advice from Barney. **8 p.m., CBS**

'Catfish: The TV Show'

REALITY. It's hard to look away from this docuseries of poor shmoes getting faked out by digital romance, where love really is blind. **11 p.m., MTV**

'Bizarre Foods America'

REALITY. Get whisked with Andrew Zimmern across the country to sample new foods everywhere in the U.S. **9 p.m., Travel**

'Burning Love'

COMEDY. This smart "Bachelor" spoof gives reality TV daters the skewering they deserve. Ken Marino stars as the dolt with his pick of the litter. **Season premiere, 10 p.m., E!**

'Academy Awards Fashion Wrap'

RECAP. For those of you still reeling from last night's sartorial emotional roller coaster. **8 p.m., TV Guide**

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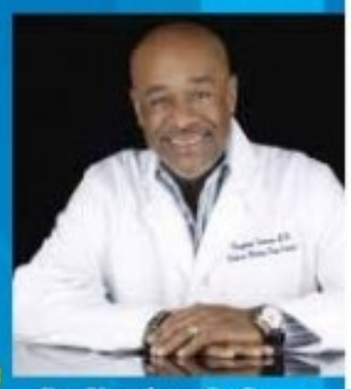
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The best (thus far) from Milan

Metro is there to scout the emerging themes from the Milan Autumn/Winter 2013 shows

Traditional, mannish prints like Prince of Wales check, houndstooth and plaid pulsed through New York and London like a steady backbeat. They surfaced in just about every show and made an appearance in Italy at Gucci, Alberta Ferretti and No. 21.

As far as outerwear goes, everything is getting fuller and cozier. Maybe it's a by-product of the more extreme weather we've been seeing this year. But the extra bulk coming down the runway at MaxMara, Fendi and No. 21 seems like a good idea after the blizzards cities like Milan, New York and London have had.

As the designers were creating their autumn/winter collections, the global economy was threatening to descend into a triple-dip recession. So maybe the plummeting hemlines at Alberta Ferretti, Blugirl, Gucci and Francesco Scognamiglio will at least mean higher profit margins for the fabric mills, which should be whirring nice and steady thanks to all the fabric that will be needed to produce these fuller, longer skirts and slouchier trousers on display this week.

Gucci

Alberta Ferretti

Francesco Scognamiglio

Max Mara

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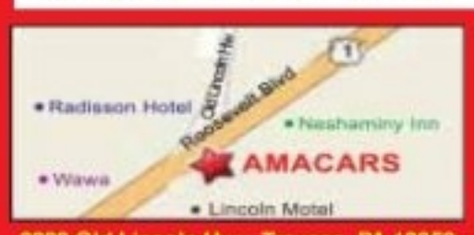

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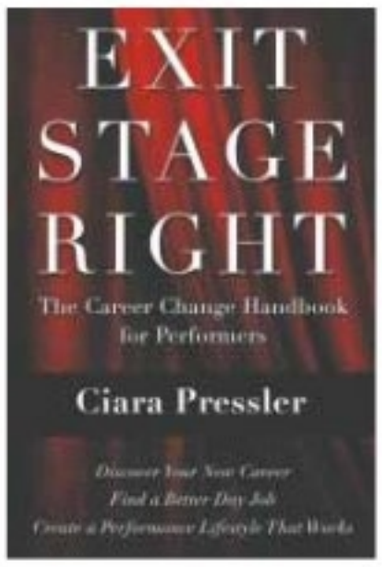
How to perform successfully offstage

Didn't nab that Oscar? How to take your skills as a performer into a new career path Ask for the salary you deserve Work smart

Advice

- Get clear on whether it's time to fix your performing career, find a better second job or change careers altogether.
- Start with your strengths and organize your résumé to showcase them.
- It really is about who you know — networking should be a priority.



Making the decision to jump careers is a tough one, especially when leaving a personal passion behind. Ciara Pressler, a former performer and the author of "Exit Stage Right: The Career Change Handbook for Performers," says that "if your dreams have changed, that's OK. It's time to find your next career passion. The point is to keep evolving as a person and let your career reflect that."

Ciara Pressler is a former performer and the author of "Exit Stage Right: The Career Change Handbook for Performers."

NOAH FECKS

What is the best way to mentally prepare for such a change?

The key is to be honest with yourself about what you want now, which may no longer be the exact same thing as when you started out. It seems daunting to navigate a career change, but there is a step-by-step process you can follow to move forward with less stress and more support.

What are struggles people face in choosing to leave a performing career?

Performers don't realize the wealth of strengths and experience they bring to another role, even in a new industry. The skills and habits developed through performing can put you ahead of most job candidates, if you understand how to position yourself for your target job.

What are the best ways to keep engaged in your field not as a performer?

Engagement is a choice. Know what motivates you to stay in the game. Create short-term goals and make a decision to approach your job with the same creativity and dedication to excellence that you brought to your performing career.

What are mistakes people make in getting that first full-time job offstage?

Undervaluing themselves. Performers work for free too often or are paid far less than they deserve, and then they bring that baggage to the next career. It's important to establish your value through negotiating confidently, working smart over hard and maintaining a loyal network.

Doug Smith
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Education notes

CFPB seeks input on student loans

The Consumer Financial Protection Bureau said Thursday that it is seeking suggestions on how to develop a plan to help borrowers of private student loans find more affordable repayment options.

The U.S. consumer watchdog said it is studying the issue because millions of Americans graduate from college with huge amounts of student loan debt.

According to the CFPB, student loan borrowing has crossed the $1 trillion mark with more than $150 billion in private loans. A report from October 2012 found more than $8 billion in defaulted student loan balances.

The CFPB said it is taking comments through its website until April 8 and will make the information public soon after.

REUTERS

Asterisk: The symbol of pride

COURTESY OF STYLUS PUBLISHING

BEYOND THE ASTERISK
UNDERSTANDING NATIVE STUDENTS
IN HIGHER EDUCATION
EDITED BY HEATHER J. SHOTTON, SHELLY C. LOWE,
AND STEPHANIE J. WATERMAN
FOREWORD BY JOHN L. GARLAND

Leading Native Americans in higher education take on the mark of 'statistical insignificance'

Visibility in research and data is key

When academics generate data on race in higher education, they often include an asterisk next to the Native American category. That little mark lets researchers know the population is "statistically not significant," usually meaning roughly less than 1 percent of the student population.

In March, Stylus Publishing will release what is perhaps the most comprehensive collection of writing by Native American scholars to date: "Beyond the Asterisk: Understanding Native Students in Higher Education." With contributions from more than a dozen leading Native Americans in higher education, the new book examines the Native American college experience from almost every angle — from the first-year experience, to tribal colleges, to Native American Greek organizations and culturally sensitive housing.

Quoted

"One of the things that constantly came up [for the Native American academics] was this concept of invisibility."

SHOTTON

"One of the things that constantly came up [for the Native American academics] was this concept of invisibility: in scholarship, research, data, curriculum and on the campuses," says Heather J. Shotton, the lead editor of the book. Shotton is a professor at Oklahoma University and a member of the Wichita and Affiliated Tribes. "For us, the idea was to offer some perspective on Native students, from Native professors."

Shotton is quick to point out that the Native experience is different from other minority groups.

"I think what separates Native students is that Native people are not just a racial or ethnic group. We are also considered a political group," she says. "We are citizens of sovereign nations — tribal nations, but also citizens of the United States."

Bruce Walsh
bruce.walsh@metro.us

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During 2010–20 Decade*

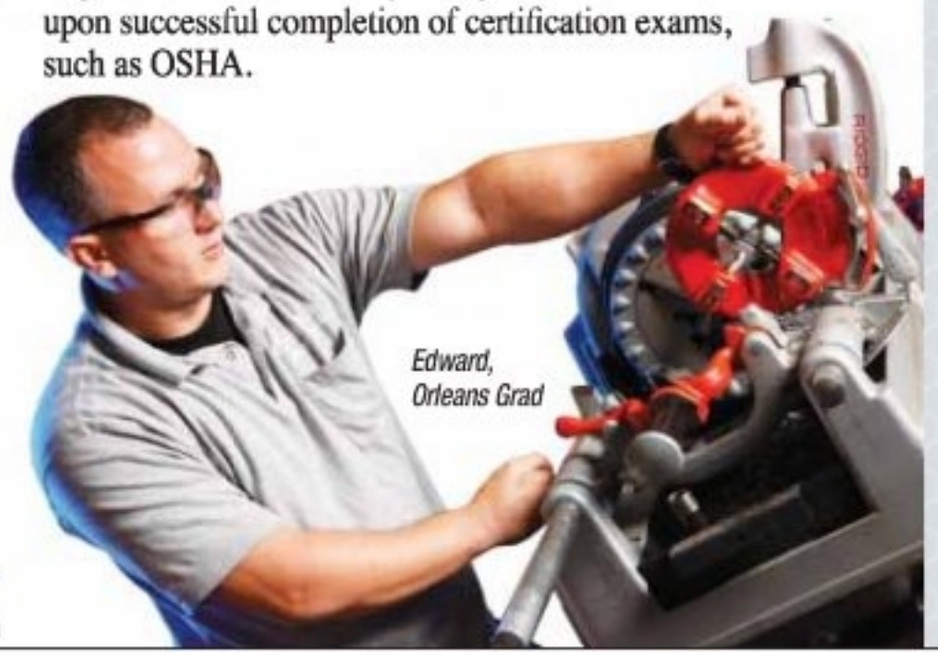
* Source: Dept. of Labor 3/29/12

Orleans is enrolling now for its training program in Plumbing and Heating, which starts in April 2013. In just 6 months, students learn how to solve plumbing and heating needs for homeowners and businesses as entry-level heating service technicians, assistant plumbers, or assistant pipefitters. Graduates are ready to work with various types of heating, lay out plumbing systems, solder pipes, and install water lines, fixtures, furnaces, water heaters, residential boilers, and more.

Training at Orleans is hands-on. Orleans' instructors have industry experience and teach the technical skills that employers are looking for. The curriculum includes in-demand "green skills," with an introduction to the theory of solar hot water and solar energy, as well as working with water conserving and "low-flow" fixtures.

"We prepare our students with the skills they need to go to right to work, even if they have no prior knowledge" said Marvin Hunt, Orleans Tech's Plumbing and Heating instructor. "We teach them the Philadelphia plumbing code, we design and build a bathroom, and instill confidence in each and every student along the way."

With a history of success for nearly 40 years and newer training facility using the latest equipment and tools, Orleans Tech prepares students for a new future in the growing building trades field. Upon completion of their training, students receive job search assistance, working one-on-one with Orleans Tech employment specialists to identify available job positions as well as unadvertised openings with local companies that like to hire from Orleans. In addition, students are eligible to receive industry-recognized certification upon successful completion of certification exams, such as OSHA.



Edward, Orleans Grad

Kelvin, Orleans Grad

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Website tackles student loan debt

WAVEBREAK MEDIA

▶ Student loan debt is at $1 trillion.

President Barack Obama paid off his student loans nine years ago. If Student Loan Hero existed then, he may have been able to pay them off sooner.

Student Loan Hero is a startup that gives student borrowers tools to repay their loans faster. Students and grads carry more than $1 trillion in student debt right now, and 65 percent of borrowers misunderstand their student loan obligations

"Unlike [with] the mortgage crisis, student loans are not dischargeable through bankruptcy — nor do you have an asset to liquidate," said CEO Andrew Josuweit. "Student Loan Hero is on a mission to help the 37 million borrowers with outstanding loans. At age 17, very few borrowers are in the position to make an educated decision on a $100,000 investment. Our financial aid system does not give borrowers the financial literacy necessary to make such a significant decision."

Quoted

"Unlike the mortgage crisis, student loans are not dischargeable through bankruptcy, nor do you have an asset to liquidate."
JOSUWEIT

Josuweit said students loans are now the second largest form of household debt, surpassing credit cards and auto loans. When he graduated from college, Josuweit had 16 loans from four banks tolling $104,000. He didn't have access to the tools or guidance he needed to effectively manage his finances, so he founded a startup.

Since launching in September, Student Loan Hero has reviewed more than $60 million. The average customer has eight loans and $55,480 in student loan debt, but some students have upward of 25 loans and $300,000 in debt.

Competitors include Tuition.io and LoanLook — but considering the size of the problem and the tremendous need to fix it, the more the merrier.
REUTERS

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myjobs

▶ Taking a bike ride to have some lunch can change your mind-set.

How to create inspired productivity

A quaint, brightly colored plant in the corner may be one manager's idea of how to boost company morale, but we know there are more impressive moves to make. We spoke to several forward-thinking employers and learned that it takes a dash of creativity to create a more productive work environment.

Add movement: Take a look at the office layout and ask yourself if it allows space for mobility. "You don't need to add more space to mix it up — just make use of the spots that go empty for hours," says Kevin Kuske, general manager at Steelcase, a company that designs workspaces for small businesses. With a background in anthropology, Kuske focuses on turning offices into idea incubators. "In your design, truly support mobility by having a variety of work areas and addressing practical things like having power near all couches, counters and group areas."

Talk to the employees: Listen to the employees and learn what it is that they want. "I know that sounds obvious, but I am amazed how infrequently leaders ask people what would improve productivity, morale or engagement," says Rick Maurer, author of "Beyond the Wall of Resistance," a book on change in the workplace. Employees are your best resource: Go to them.

Julia West
letters@metro.us

Get healthy

A healthy worker is a more productive worker, which is another reason to promote an active lifestyle within the office. Punit Dhillion is the CEO of OnocoSec Medical, and he has set up a communal bike share at the office so that people can bike to lunch. "I believe that being active boosts your energy levels and your mood. We adopted a policy that encourages staff to engage in physical activity during their breaks," says Dhillion. That's one way to get past that mid-afternoon caffeine crash.

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Money talks, but your energy is currency, too

Each of us has our own individual relationship to money. It starts at a young age — we pick up a financial blueprint that affects us in many ways. Some people have grown to believe in "lack" and therefore never feel they have enough. Others may have grown up to believe in abundance, and as a result money flows to them freely. But regardless of our financial background, for many folks, fear shows up in some way when it comes to money.

"Energy is currency. In order to use our energy to earn more and have financial freedom, we need to clean up our thoughts and beliefs."
BERNSTEIN

Our thoughts about money make us feel a certain way, and that feeling gives off an energy that either supports our earning capacity or negatively affects it. Energy is currency. In order to use our energy to earn more and have financial freedom, we need to clean up our thoughts and beliefs.

Our fearful beliefs around money block abundance in many ways. If you want to clear those blocks, you first have to become conscious of them. Many folks dwell in a lack mentality, believing that there will never be enough. Then there are those people who place external power on money and see themselves as not good enough if they don't have a lot. Another way fear blocks our earning capacity is through the belief that there's not enough to go around. This belief system weakens your energy and therefore lessons your earning capacity.

Get honest with yourself and identify whether one or more of these fears have blocked you. Your honesty is the first step to clearing these patterns. Throughout the day, witness your thoughts, energy and behavior around money. Take note of how your energy either supports your earning or weakens it.

Then, in the moment, you can create a perceptual shift. Immediately forgive yourself for having that thought and choose to see it differently. Choose a new thought, like "I am grateful for what I do have and I choose not to focus on my lack." This simple shift can redirect your energy.

Another great tip for shifting your energy around money comes from Marie Forleo, entrepreneurial expert and the founder of Rich Happy and Hot B-School. Forleo says: "Realize you are on this earth for a reason and the world needs that special gift that only you have. By devaluing yourself or failing to get your talent out into the world, you're stealing from those who need you most. Commit to clean up your beliefs and behavior around money and you'll be on your way to enjoy a truly rich life, inside and out."

For more guidance on this topic and support from Forleo, visit www.gabbyb.tv/b-school. And if you want a full-blown mind cleanse around money, pick up my new book, "May Cause Miracles," and pay close attention to the finance chapter.

Metro does not endorse the opinions of the author.

If your cash flow is low, try changing your thinking.

WAVEBREAK MEDIA

Zen in the city

GABRIELLE BERNSTEIN
WWW.GABBYB.TV
— *Gabrielle Bernstein is the author of "Spirit Junkie."*

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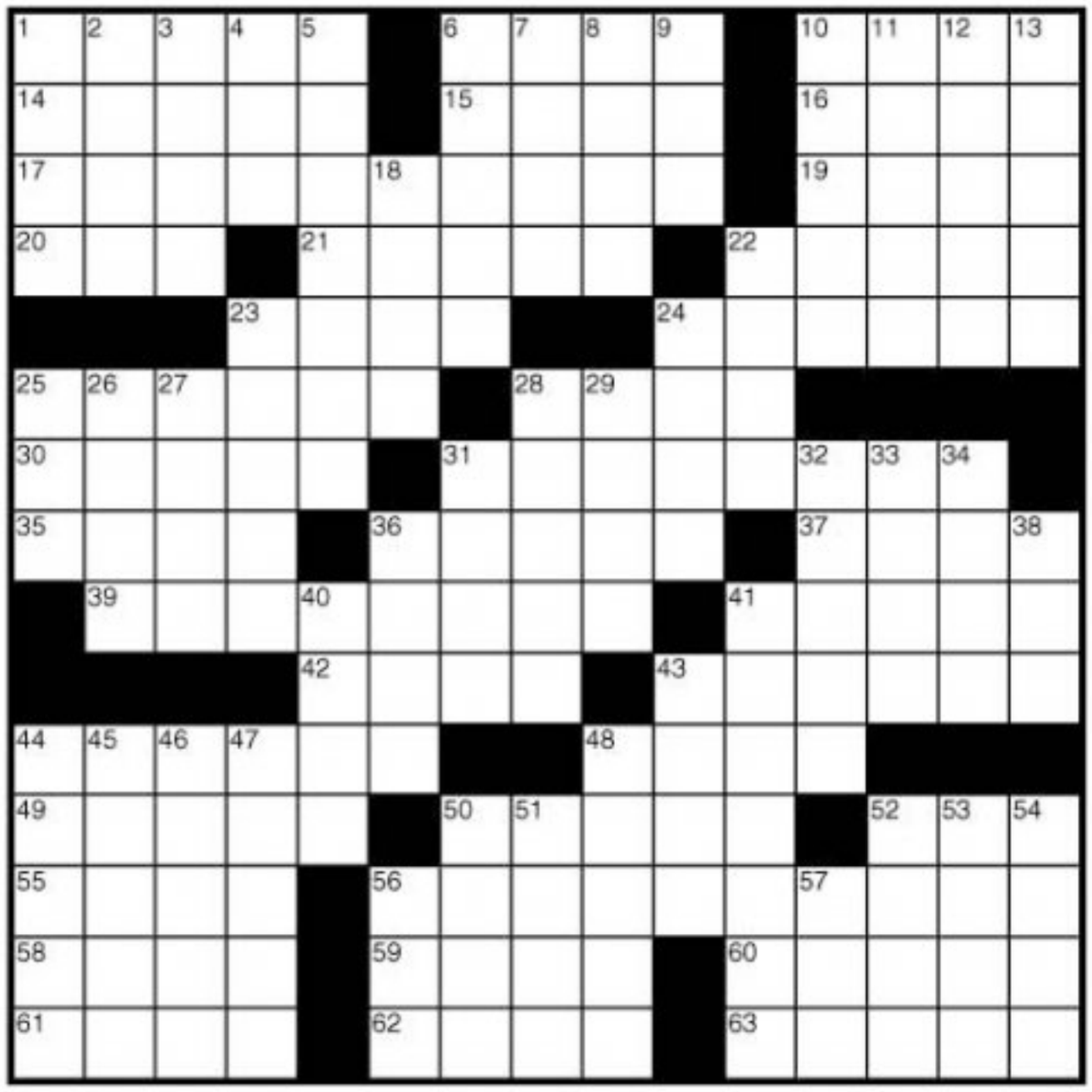

Across
1 Bleached out
6 Overhang
10 Leave in a hurry
14 Teed off
15 Pack away
16 Bone below the elbow
17 Iridescent fly
19 Hoods' weapons
20 Show grief
21 Cause
22 Anouk of "Lola"
23 Kind of farm
24 Slow down
25 Take to task
28 Wildlife refuge
30 Eurasian mountains
31 Fan
35 Drill attachments
36 Package tour feature
37 Circle size
39 Hats
41 Caesar's year
42 Night fliers
43 Hair-raising
44 Hologram makers
48 Tampa Bay 11
49 Like a gymnast
50 — Piaf
52 Natural moisture
55 Early movie vamp
56 "Tintern Abbey" poet
58 50-50
59 Writer — Bagnold
60 Not spaced-out
61 Let use
62 See
63 Neighbor of Oman

Down
1 White lies
2 Alice's chronicler
3 Apply a mudpack
4 Summer in Quebec
5 Goes ashore
6 Ms. Lauder
7 Business letter abbr.
8 Word on a battery
9 Wool supplier
10 Tempus — (time flies)
11 Camel relative
12 Sign up
13 Moved gingerly
18 Ess molding
22 Prefix for "dynamic"
23 Major oil hub
24 Small brook
25 Burnish
26 Church or Clapton
27 Hot soak
28 Pond blossom
29 Trebek of "Jeopardy!"
31 Mare's offspring
32 Diminishes
33 Sea eagle
34 Do another hitch (hyph.)
36 Chops down
38 A Vanderbilt
40 Study hard
41 Curved entrance
43 Slices
44 Sticker
45 Desert bloomer
46 Alarm
47 Large antelope
48 Hen
50 Zillions of years
51 Faucet problem
52 Ounce fraction
53 Raison d' —
54 History question
56 Tiny
57 Be billed

Horoscope

♓ Pisces **Feb. 20-March 20.** Unless you plan very carefully, you may have little to show for your effort — regardless of how hard you work. You wouldn't plan to build a bridge without a blueprint, would you?

♈ Aries **March 21-April 19.** You're likely to get an opportunity to show someone important that you're willing to stand behind him or her even if others aren't. Don't miss this boat.

♉ Taurus **April 20-May 20.** Unless you are extremely prudent, it's not likely to be one of your better days for buying or selling anything — mostly because you'll be indifferent.

♊ Gemini **May 21-June 20.** If you hope to win the confidence and respect of your friends, you'll need to have the courage to speak out for the things you believe in. However, do so in a respectful manner.

♋ Cancer **June 21-July 22.** Be careful about usurping an associate's ideas. Chances are you could easily miss the most important point and lose the message in the translation.

♌ Leo **July 23-Aug. 22.** There is a strong chance that something that looks good on paper might not work too well in reality. Before getting too deeply involved, study the matter much more carefully.

♍ Virgo **Aug. 23-Sept. 22.** You'll encounter far less opposition if you do what needs to be done without calling any attention to yourself. It's OK to aim high, but do so behind closed doors or in the shadows.

♎ Libra **Sept. 23-Oct. 23.** If an old, trusted friend tells you something in confidence that he or she doesn't want revealed to others, make sure this person's trust is justified – abide by his or her wishes.

♏ Scorpio **Oct. 24-Nov. 22.** Falling short of your mark might be traceable to your methods and not to the nature of the project itself. Working hard is part of the solution, but you must be smart as well.

♐ Sagittarius **Nov. 23-Dec. 21.** Wishful thinking will lead to repeating an old mistake, even if you know better. It's foolish to believe that doing the same thing could lead to a totally different conclusion.

♑ Capricorn **Dec. 22-Jan. 19.** Certain things you should be taking care of personally you might unwisely delegate to others. Unfortunately, no matter how hard they try, their performance won't be up to your standards.

♒ Aquarius **Jan. 20-Feb. 19.** When negotiating an important agreement, know what you're getting into and be mindful of the small details — especially if you know that you'll be held to exacting terms.

BERNICE BEDE OSOL

Solution to weekend's crossword

Letters

Dogs are cute, but they aren't human

RE: "THE FAMILY PET IS AS AS VALUABLE AS YOUR KID" (METRO, FEB. 22-24) What is wrong with people nowadays? The pet is nowhere near equal to kids. And if you believe so, you are just as insane as McCready. If a gunman said only one shall live — bye-bye, Fido. We can get another.

WILLIAM BUTLER, VIA E-MAIL

I have had and enjoyed dogs and cats over the years. They should be treated with kindness. I have no problem locking up animal abusers for the criminals that they are.

However, I do not equate animals with human life. To fling this hatred on a woman so disturbed that she took her own life is more than a little shocking it's vile. Dogs and cats are not human beings!

MICHAEL WALSH, VIA E-MAIL

"The most positive element of the USDA and the first lady's campaign to shift from the obsolete Food Pyramid to the Myplate concept is how it puts the onus for healthy eating on each family/ individual."

JOSEPH DUNLAVEY, VIA E-MAIL

Paris isn't tinted with roses — that's just your glasses

RE: "BECAUSE NOTHING'S AS HEALTHY AS THE FRENCH ECONOMY" (METRO, FEB. 22-24) The letter to the editor about how well people live in France was interesting, yet flawed. Letter writer Lewis Walsh said that Americans should emulate the wonderful standard of living and overall happiness of the French. The author does not seem to be aware that in each of the past several years, working-class neighborhoods outside Paris have erupted in riots, with more than 1,000 cars set on fire to protest poor living standards and high unemployment. Unemployment in France — which is suffering from poor competitiveness and high taxes — is about 11 percent, much worse than the stubbornly high 8 percent that America has suffered during the Obama administration.

RON FALCON, VIA E-MAIL

SUDOKU: EASY

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4			9			6		7
	6	9				2		
			4		3			
		7				9	8	
6		8			2			1
				1	8		9	
1			6	5	9			

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Young endorsed by Hall of Famer

- Third baseman ready to meet expectations
- Humbled by Schmidt
- A 'professional hitter'

Cliff Lee was thrilled when the Phillies picked up Michael Young.

"I know what he brings to the team," Lee said. "I loved having him as a teammate when I was with the Rangers."

Young's durability is just one reason he should be more productive than his predecessor, the oft-injured Placido Polanco.

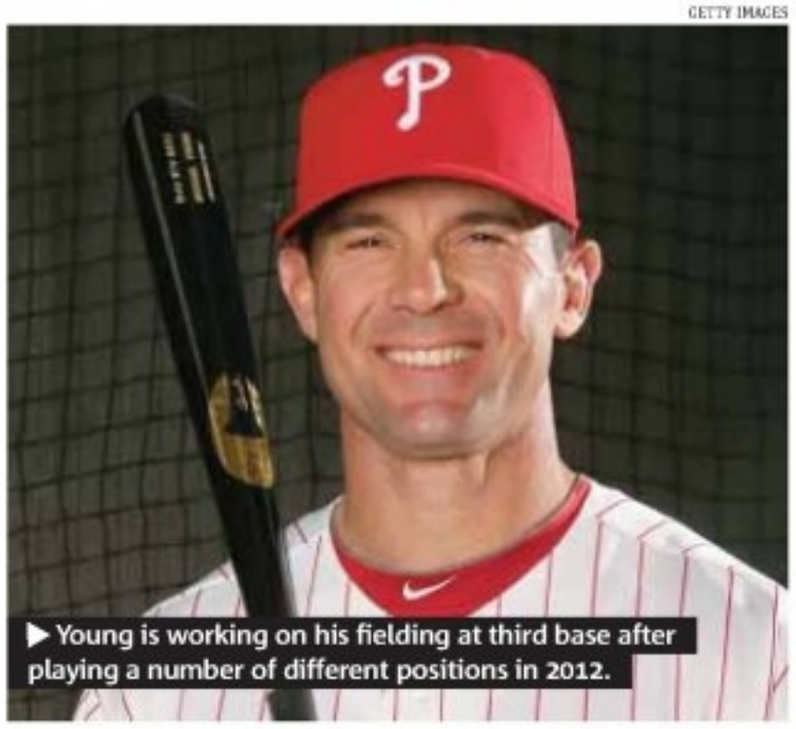
There are a number of other reasons why fans should be pleased Young is here. He went 0-3 Saturday against Houston, but made solid contact.

"The thing is that I felt good out there," Young said. "My timing starts up a little late. I always feel like I'm backing the ball up a lot, but it gets to a point where you'll see me hit the ball to all fields."

That would be a welcome change for the Phils. Young tends to put the ball in play. He hits line drives and finds the gaps.

"He's a professional hitter," Lee said. "He is also a heck of a defensive player."

GETTY IMAGES



▶ Young is working on his fielding at third base after playing a number of different positions in 2012.

Young made the routine plays in Saturday's Grapefruit League opener, but couldn't handle a scorcher to his right. He also failed to reach a hot shot to his left.

"The routine plays take care of themselves typically," he said. "It's still very early in spring training. I'll nail this down."

The greatest third baseman to play for the Phillies — and arguably in the history of the sport — Mike Schmidt said that Young should be on his way to the Hall of Fame.

"It's nice to hear that coming from one of the best to ever play the game," Young said. "I know there are expectations of me coming here and I want to meet those expectations."

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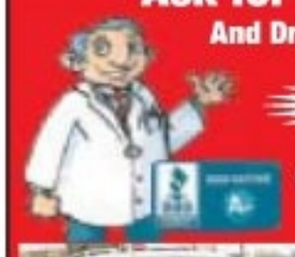

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Flyers hope to build off come-from-behind victory over Winnipeg

Three wins in their last four games aside, including overcoming a two-goal deficit this past Saturday to beat Winnipeg, there's still much work to do for the Flyers. That's despite — or perhaps because — they've been at work more than anybody heading into tonight's game with James van Riemsdyk and the Maple Leafs.

Lounging on their sofas last night watching the Oscars, the Flyers (9-10-1) fell out of one of those so-called "if the season ended today" playoff spots. It happened to be one of the few days this season they were idle, having not only played more than every NHL team, but a whopping five more than the Bruins. No wonder Ilya Bryzgalov, who has started 18 of their 20 games, told a local radio station that he was "exhausted."

GETTY IMAGES

▶ Van Riemsdyk has 11 goals for Toronto, which ranks him sixth in NHL.

ON TV TODAY

Maple Leafs at Flyers, 7 p.m. (CSN)

Eventually, it will all even out, particularly late in March when the Flyers have one game in eight days. Before that, there will be little rest for Peter Laviolette's weary bunch, which welcomed back Scott Hartnell Saturday after the winger missed 16 games with a broken foot.

"I feel a little rusty, but I think the timing and stuff will come," said Hartnell. "I was just happy to get through the game."

The Flyers may get defenseman Andrej Meszaros back within a week, too, as the home stand continues. The Flyers play the Leafs tonight, followed by struggling Washington Wednesday and Ottawa Saturday. Coming off a week in which Jake Voracek posted four goals and seven assists to move into a tie for seventh in the league in scoring, they seem poised to pick up more ground.

Getting to .500 would be a start.

"You have to be so many games over .500 in order to make the playoffs and get a chance to compete for the Cup," said Laviolette. "So we need to get there at some point. It's good to be home here with some games and get some rest, and use that to our advantage."

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Johnson wins Daytona; Patrick finishes Top 10

Danica Patrick made history at the Daytona 500, but it was Jimmie Johnson who took the win.

The five-time Sprint Cup champion held off a late charge from Dale Earnhardt Jr. and Mark Martin to win his second Daytona 500 trophy.

Patrick was third behind Johnson and Greg Biffle heading into the final lap, but got shuffled back and finished eighth. It was the highest finish ever by a woman in the Daytona 500, and her five laps led were also the first by a woman.

CHRIS GRAYTHEN/GETTY IMAGES

▶ Johnson also won the Daytona 500 in 2006.

Maybe even more surprisingly, there was no "big one" — the always expected multicar crash that has become so common at restrictor plate tracks. One day after 28 spectators were injured in such a crash during the Nationwide series event on Saturday, the Sprint Cup's Super Bowl went off mostly without a hitch.

The biggest crash of the day came early, as title contenders Tony Stewart and Kevin Harvick were among eight cars caught up in a melee on lap 34. They finished 41st and 42nd, respectively.

Two-time winner Matt Kenseth led the most laps (86), but finished 37th after engine troubles.

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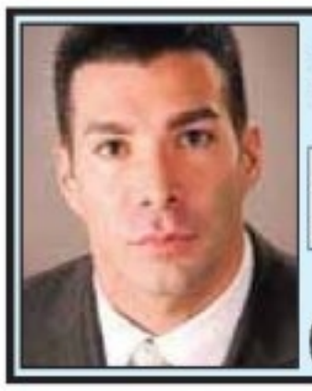
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Notices

West Oak Lane Charter School Attention: Food Service Management Companies

The West Oak Lane Charter School is requesting bids from Food Service Management Companies to provide management services according to the regulations, guidelines and policies of the United States Department of Agriculture (USDA) and the Pennsylvania Department of Education.

Representatives of Food Service Management Companies may download a copy of the bid specifications at www.wolcs.org or request a copy at acase@wolcs.org .

All proposals must be submitted no later than 10:00 a.m. on Monday March 25, 2013. Proposals must be delivered in a sealed envelope clearly marked: "Food Service Management Proposal" addressed as follows:

West Oak Lane Charter School
Attn: Ms. Angela Case, FSMC Contact
7115 Stenton Avenue
Philadelphia, PA 19138

A walk-through meeting is scheduled for Wednesday March 13, 2013 at 3:30 p.m. at 7115 Stenton Avenue, Philadelphia, PA 19138.

The West Oak Lane Charter School Board of Trustees reserves the right to accept or reject any and/or all proposals or to accept the proposal that it finds, in its sole discretion, to be in the best interest of the school.

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Homes

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If so, please contact us about our clinical research study of an investigational antidepressant treatment.

To qualify, you must:

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Qualified participants receive:

- All study-related medical care and investigational medication at no cost
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For more information, call toll free **1.888.442.9012**